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## Study of hostile aggression in male and female sports person

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### Abstract

The main purpose of the current study is to find out that hostile aggression has been compared between male and female sportspersons. To conduct the study, 30 intercollegiate male sportspersons and female sportspersons were chosen of age between 20-28 years as sample. The selection of subjects was done from govt. National colleges, sirsa which is affiliated to C.D.L.U, Sirsa (Haryana). Sultania's Aggression Inventory (2006) was the choice of instrument to collect the data. Results indicate that hostile aggression is significantly lower in female sportspersons as compared to male sportspersons. It was concluded that gender influence the amount hostile aggression present in sportspersons.

**Keywords:** Male and Female Sportspersons, negative psychological characteristic

### Introduction

Aggression can have adaptive benefits or negative effects. Aggressive behavior is an individual or collective social interaction that may be defined in general terms as a hostile behavior with the intention of inflicting damage or harm. Two broad categories of aggression are commonly distinguished. One includes affective (emotional) and hostile, reactive, or retaliatory aggression that is a response to provocation, and the other includes instrumental, goal-oriented or predatory, in which aggression is used as a mean to achieve a goal. An example of hostile aggression would be a person who punches someone who insulted him or her. An instrumental form of aggression would be armed robbery. Research on violence from a range of disciplines lend some support is to a distinction between affective and predatory aggression. However, some researchers question the usefulness of a hostile vs instrumental distinction in humans, despite its ubiquity in research, because most real-life cases involve mixed motives and interacting causes.

A number of classifications and dimensions of aggression have been suggested. These depend on such things as whether the aggression is verbal or physical; whether or not it involves relational aggression such as covert bullying and social manipulation; whether harm to others is intended or not; whether it is carried out actively or expressed passively; and whether the aggression is aimed directly or indirectly. Classification may also encompass aggression-related emotions (e.g. anger) and mental states (e.g. impulsivity, hostility). Aggression may occur in response to non-social as well as social factors, and can have a close relationship with stress coping style. Aggression may be displayed in order to intimidate.

The operative definition of aggression may be affected by moral or political views. Examples are the axiomatic moral view called the non-aggression principle and the political rules governing the behavior of one country toward another. Likewise in competitive sports, or in the workplace, some forms of aggression may be sanctioned and others not (see Workplace aggression). Aggressive behaviors are associated with adjustment problems and several psychopathological symptoms such as Antisocial Personality Disorder, Borderline Personality Disorder, and Intermittent Explosive Disorder.

Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. It may occur either in retaliation or without provocation. In humans, frustration due to blocked goals can cause aggression. Human aggression can be classified into direct and indirect aggression, whilst the first is characterized by physical or verbal behavior intended to cause harm to someone, the second one is

characterized by a behavior intended to harm social relations of an individual or a group.

In definitions commonly used in the social sciences and behavioral sciences, aggression is a response by an individual that delivers something unpleasant to another person. Some definitions include that the individual must intend to harm another person. Predatory or defensive behavior between members of different species may not be considered aggression in the same sense.

Aggression can take a variety of forms, which may be expressed physically, or communicated verbally or non-verbally: including anti-predator aggression, defensive aggression (fear-induced), predatory aggression, dominance aggression, inter-male aggression, resident-intruder aggression, maternal aggression, species-specific aggression, sex-related aggression, territorial aggression, isolation-induced aggression, irritable aggression, and brain-stimulation-induced aggression (hypothalamus). There are two subtypes of human aggression: (1) controlled-instrumental subtype (purposeful or goal-oriented); and (2) reactive-impulsive subtype (often elicits uncontrollable actions that are inappropriate or undesirable). Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople (as in phrases such as "an aggressive salesperson").

Gender plays an important role in human aggression. There are multiple theories that seek to explain findings that males and females of the same species can have differing aggressive behaviors. However the conditions under which women and men differ in aggressiveness are not well understood. In general, sexual dimorphism can be attributed to greater intraspecific competition in one sex, either between rivals for access to mates and/or to be chosen by mates. This may stem from the other gender being constrained by providing greater parental investment, in terms of factors such as gamete production, gestation, lactation, or upbringing of young. Although there is much variation in species, generally the more physically aggressive sex is the male, particularly in mammals. In species where parental care by both sexes is required, there tends to be less of a difference. When the female can leave the male to care for the offspring, then females may be the larger and more physically aggressive. Competitiveness despite parental investment has also been observed in some species. A related factor is the rate at which males and females are able to mate again after producing offspring, and the basic principles of sexual selection are also influenced by ecological factors affecting the ways or extent to which one sex can compete for the other. The role of such factors in human evolution is controversial. The pattern of male and female aggression is argued to be consistent with evolved sexually-selected behavioral differences, while alternative or complimentary views emphasize conventional social roles stemming from physical evolved differences. Aggression in women may have evolved to be, on average, less physically dangerous and more covert or indirect. However, there are critiques for using animal behavior to explain human behavior. Especially in the application of evolutionary explanations to contemporary human behavior, including differences between the genders.<sup>[46]</sup>

According to the 2015 International encyclopedia of the social and behavioral sciences, sex differences in aggression is one of the most robust and oldest findings in psychology.<sup>[47]</sup> Past meta-analyses in the encyclopedia found males regardless of age engaged in more physical and verbal aggression while small effect for females engaging in more indirect aggression

such as rumor spreading or gossiping. It also found males tend to engage in more unprovoked aggression at higher frequency than females. This analysis also conforms with the Oxford Handbook of Evolutionary Psychology which reviewed past analysis which found men to use more verbal and physical aggression with the difference being greater in the physical type. There are more recent findings that show that differences in male and female aggression appear at about two years of age, though the differences in aggression are more consistent in middle-aged children and adolescence. Tremblay, Japel and Pérusse (1999) asserted that physically aggressive behaviors such as kicking, biting and hitting are age-typical expressions of innate and spontaneous reactions to biological drives such as anger, hunger, and affiliation. Girls' relational aggression, meaning non-physical or indirect, tends to increase after age two while physical aggression decreases. There was no significant difference in aggression between males and females before two years of age. A possible explanation for this could be that girls develop language skills more quickly than boys, therefore they have better ways of verbalizing their wants and needs. They are more likely to use communication when trying to retrieve a toy with the words "Ask nicely" or "Say please."

According to the journal of Aggressive Behaviour, analysis across 9 countries found boys reported more in the use of physical aggression. At the same time no consistent sex differences emerged within relational aggression. It has been found that girls are more likely than boys to use reactive aggression and then retract, but boys are more likely to increase rather than to retract their aggression after their first reaction. Studies show girls' aggressive tactics included gossip, ostracism, breaking confidences, and criticism of a victim's clothing, appearance, or personality, whereas boys engage in aggression that involves a direct physical and/or verbal assault. This could be due to the fact that girls' frontal lobes develop earlier than boys, allowing them to self-restrain. One factor that shows insignificant differences between male and female aggression is in sports. In sports, the rate of aggression in both contact and non-contact sports is relatively equal. Since the establishment of Title IX, female sports have increased in competitiveness and importance, which could contribute to the evening of aggression and the "need to win" attitude between both sexes. Among sex differences found in adult sports were that females have a higher scale of indirect hostility while men have a higher scale of assault. Another difference found is that men have up to 20 times higher levels of testosterone than women.

Some studies suggest that romantic involvement in adolescence decreases aggression in males and females, but decreases at a higher rate in females. Females will seem more desirable to their mate if they fit in with society and females that are aggressive do not usually fit well in society, they can often be viewed as antisocial. Female aggression is not considered the norm in society and going against the norm can sometimes prevent one from getting a mate. However, studies have shown that an increasing number of women are getting arrested for domestic violence charges. In many states, women now account for a quarter to a third of all domestic violence arrests, up from less than 10 percent a decade ago. The new statistics reflect a reality documented in research: women are perpetrators as well as victims of family violence. However, another equally possible explanation is a case of improved diagnostics: it has become more acceptable for men to report female domestic violence to the authorities while at the same time actual female domestic violence has not

increased at all. This can be the case when men have become less ashamed of reporting female violence against them, therefore an increasing number of women are arrested, although the actual number of violent women remains the same.

Also, males in competitive sports are often advised by their coaches not to be in intimate relationships based on the premises that they become more docile and less aggressive during an athletic event. The circumstances in which males and females experience aggression are also different. A study showed that social anxiety and stress was positively correlated with aggression in males, meaning as stress and social anxiety increases so does aggression. Furthermore, a male with higher social skills has a lower rate of aggressive behavior than a male with lower social skills. In females, higher rates of aggression were only correlated with higher rates of stress. Other than biological factors that contribute to aggression there are physical factors are well.

Regarding sexual dimorphism, humans fall into an intermediate group with moderate sex differences in body size but relatively large testes. This is a typical pattern of primates where several males and females live together in a group and the male faces an intermediate amount of challenges from other males compared to exclusive polygyny and monogamy but frequent sperm competition.

Evolutionary psychology and sociobiology have also discussed and produced theories for some specific forms of male aggression such as sociobiological theories of rape and theories regarding the Cinderella effect. Another evolutionary theory explaining gender differences in aggression is the Male Warrior hypothesis, which explains that males have psychologically evolved for intergroup aggression in order to gain access to mates, resources, territory and status.

**Objective**

The main objective of the present study is to compare hostile aggression among intercollegiate sportspersons on the basis of gender.

**Hypothesis**

It was hypothesized that magnitude of hostile aggression will be significantly different in male and female sportspersons.

**Method**

To test the abovementioned hypothesis, following methodological steps were taken.

**Sample**

To conduct the study, 30 intercollegiate male sportspersons and female sportspersons were chosen of age between 20-28 years as sample. The selection of subjects was done from colleges affiliated to govt. National colleges, sirsa which is affiliated to C.D.L.U, Sirsa (Haryana). Convenience sampling method was used in the present study.

**Tools**

Amount of hostile aggression in selected subjects was assessed by eight dimensional aggression inventory prepared by Sultania (2006). It comprise of eight aspects of aggression i.e. assault, indirect aggression, irritability, negativism, resentment, suspicion, verbal aggression and guilt. The reliability of this inventory is 0.67 while the validity is 0.45. Higher the score, higher the hostile aggression is the direction of scoring in this inventory Procedure:

All the selected subjects were asked to give their response on

Aggression Inventory in a laboratory like condition and convenience of the subjects.

Scoring of responses given by the subjects was done according to author's manual. After scoring, data were tabulated according to their respective groups. 't' test was used to find out differences among these two groups. Results are presented in table 1.

**Results**

**Table 1:** Comparison of Hostile Aggression between Male and Female Sportspersons

Variables	Male Sportspersons (N=15)		Female Sportspersons (N=15)		't' value
	M	S.D	M	S.D	
Hostile Aggression	28.73	5.97	24.91	6.39	2.94

A perusal of statistical entries reported in table 1 indicate that mean scores of male sportspersons on aggression scale (M=28.73) is significantly higher as compared to female sportspersons (M=24.91) at .01 level of significance. This shows that hostile aggression in male players is significantly higher as compared to female players at acceptable statistical significance.

**Discussion**

The result of the present study indicates that hostile aggression is significantly higher in male sportspersons as compared to female sportspersons despite both the groups comprises of inter-collegiate sportspersons. The findings shows that men are in general more competitive than women and in Indian socio cultural background women are more family oriented in contrast to men who try to accomplish their goals more fiercely. This can be attributed to more magnitude of hostile aggression found in male sportspersons as compared to female sportspersons because in order to win at all cost mentality male sportspersons sometimes develops hostile aggression more as compared to female sportspersons.

**Conclusion**

On the basis of results it may be concluded that hostile aggression in sportspersons is significantly influenced by gender.

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